

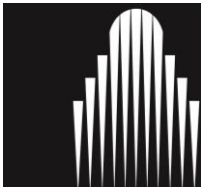
DOW'S LAKE COURT CONFERENCE CENTRE  
CENTRE DE CONFÉRENCES DE LA COUR DU LAC DOW

# Catering Menu

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[dowslakecourt.com](http://dowslakecourt.com)

865 Carling Ave.  
Ottawa, ON  
K1S 5S8  
(613) 725-3855



Dow's Lake Court Conference Centre  
865 Carling Ave. – 2<sup>nd</sup> Floor  
Ottawa, ON, K1S 5S8

## **BREAKFAST** *All breakfasts are served with a coffee & tea station*

### **Quick Start \$13.08 per person**

Assorted Muffin Basket (3 varieties per availability)

*Ask us for this month's unique flavours!*

Fruit Salad

*Upgrade to Fruit Platter \$1.75 per person*

### **Continental Breakfast \$16.74 per person**

Fruit Salad

Individual Yoghurts

Pastry Basket

*Please choose 1 pastry selection:*

- Croissants with butter, preserves and cream cheese
- Bagel Station with butter, preserves and cream cheese
- Scone Basket (please choose 2 varieties): blueberry, cranberry with white chocolate, raisin or cinnamon (all served with butter and preserves)
- Morning Minis with mini muffins, Danish and cinnamon crunchies



*Fruit Platter*

### **Canadian Breakfast Buffet \$27.76 per person**

Scrambled Eggs

Sausage

Bacon

Hash Browns

Pancakes OR French Toast

Syrup OR Fruit Compote

Cheddar Cheese Slices

Yoghurt and Fruit Salad

Granola

Toast Station with sliced bread, bagels and preserves



*Scone Basket*

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11/21/19



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## BREAKFAST & BREAK ENHANCEMENTS

### Morning Favourites

DLC Eggie – English muffin with egg, cheese and choice of ham or bacon \$7.42 per person

Breakfast Burrito – Wrap with chorizo, scrambled egg, potato and salsa \$7.16 per person

Breakfast Wrap Western – Wrap with peppers, ham and scrambled eggs \$5.67 per person

Individual Quiche Lorraine or Vegetarian Quiche (roasted red pepper & feta cheese) \$7.06 per person

Bagel Station – Assorted halved bagels with cream cheese and preserves \$5.56 per person

Oatmeal Station – Warm oatmeal with dried fruit and nuts \$5.41 per person

### Healthy Options

Yoghurt Parfait with fresh fruit and granola \$4.89 each

Individual Yoghurt \$2.88 each

Whole Fruit \$2.27 per piece

Fruit Platter \$7.26 per person

Fruit Salad \$5.87 per person

Breakfast Cookie \$2.99 per person

*Rolled oats, white chocolate chips, strawberries, blueberries and cranberries*

Homemade Granola Bars \$1.80 each

Individually wrapped KIND granola bars \$3.61 each

### Sweet Treats

Almond Croissants \$4.33 per person

Chocolate Croissants \$3.40 per person

Assorted Muffin Basket \$4.48 per person

Afternoon Refresher - brownie and fresh strawberry kabob \$5.72 per person

Classic Desserts – variety of mini cookies, tarts, squares and macaroons \$7.47 per person

Mini Bites – miniature brownies, chocolate macaroons, cheesecake bites and tarts \$7.47 per person

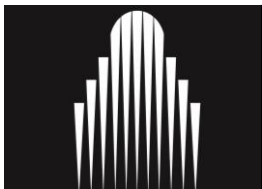
Dessert Squares – country carrot cake, butter tart bars, Nanaimo bars, Dutch brownies \$7.31 per person

Apple Cinnamon Strudel Loaf \$5.67 per person (*minimum order of 10 people required*)

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## BREAKFAST & BREAK ENHANCEMENTS

### Pastry Baskets

Scone Basket (please choose 2 varieties): blueberry, cranberry with white chocolate, raisin or cinnamon *(all served with butter and preserves)* \$5.20 per person

Morning Minis – Danish, mini muffins and cinnamon crunchies \$6.33 per person

French Connection – assortment of buttery mini croissants, mini lattice Danish and cinnamon crunchies \$6.33 per person

Healthy Fruit and Fibre Loaf \$4.58 per person

Assorted Cookie Tray \$2.42 per person

### Specialty Cake \$73.20

*We'll help you celebrate a special occasion! Inquire for more details.*

### Savory Selections

Individual bags of chips, pretzels and popcorn \$2.63 per bag

Market Vegetable Platter \$6.90 per person

Cheese Platter \$8.45 per person

Hummus Platter with Pita \$5.51 per person

Trio Dips with Pita Platter (Hummus, Tzatziki and Salsa) \$5.97 per person

## BREAK MENU *All packaged breaks are served with a coffee/tea station or an assortment of soft drinks, juice & water*

### Coffee Time Break \$7.42 per person *(2 pieces/person)*

Starbucks™ regular or decaf coffee

House made biscotti

Assortment of French pastries

### Mini Morning Break \$11.18 per person *(3 pieces/person)*

*Choice of:*

Coffee Cake Slices

Cookies

Mini Pastries

OR Combination of all three

### Good for You \$13.54 per person

Whole Fruit

Homemade Granola Bars

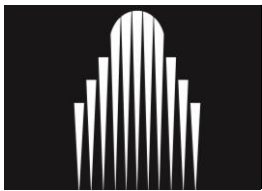
Individual Yoghurts



*Market Vegetable Platter*

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## BREAK MENU *All packaged breaks are served with a coffee/tea station or an assortment of soft drinks, juice & water*

### **Cookie Time \$8.65 per person (two cookies per person)**

Assortment of chocolate chip, oatmeal raisin, white chocolate macadamia nut and double chocolate

### **Boardroom Break \$16.33 per person**

*Please choose 2 from the following:*

Fruit Platter, Cheese Platter, Market Vegetable Platter OR Hummus & Pita Platter

### **Wild About Chocolate \$12.10 per person**

Assortment of triple chocolate chunk, chocolate, deep Dutch and chocolate marble miniature brownies

Chocolate Milk or Hot Chocolate

### **On the Go \$9.48 per person**

Assortment of individual bags of chips, pretzels and popcorn

Assortment of individually wrapped KIND granola bars



*Assorted Cookie Basket*

## BEVERAGES

Tropicana Individual Juices \$4.27

Individual Juices 300 ml \$2.32

Soft Drinks \$3.24

Milk \$2.47

*Chocolate, Skim, 2%*

Eska Bottled Water \$2.73

House Coffee Small (serves 2-5 cups) \$9.94

*Regular or Decaf*

House Coffee Large (serves 8-10 cups) \$18.85

*Regular or Decaf*

Tea Service (serves 8-10 cups) \$11.23

*Includes large pot of hot water and assorted brand teas*



Starbucks Coffee (serves 8-10 cups) \$22.66

*Blonde Roast*

*Pike Roast*

*Decaf Pike Roast*

*Verona*

*Sumatra*

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## LUNCH

*All hot lunch buffets are served with a coffee & tea station*

### **International Themed Hot Buffets \$30.85 per person**

*Less than 10 people? Ask us about the chef's hot lunch special of the day!*

#### **Tour of Tuscany**

Caesar Salad with croutons, bacon and parmesan cheese

Orzo & Sundried Tomato Salad with roasted zucchini, red peppers and lemon garlic seasoning

Penne Arrabiata

Tuscan Chicken with cherry tomato pan sauce

Seasonal Vegetables

Garlic Baguettes

Dessert Squares: Variety of Country Carrot Cakes, Butter Tart Bars, Nanaimo Bars, Dutch Brownies

#### **Indonesian Inspirations**

*Choice of:* Beef Madras OR Butter Chicken

Sweet Potato and Chick Pea Stew

Basmati Rice

Naan Bread

Classic Desserts: Variety of Mini Cookies, Tarts, Squares and Macaroons

#### **Flavours of France**

*Choice of:*

Poulet Provençal; pan fried chicken breast simmered in a white wine sauce with leeks, garlic, tomatoes and capers

OR

Beef Bourguignon; tender beef cubes with button mushrooms, smoked bacon and pearl onions slow cooked in a rich red wine sauce

Salade Nicoise: French green beans, mini potatoes, bell peppers cherry tomatoes sweet red onion with a Dijon and fresh herb vinaigrette

Potatoes Parisienne

Seasonal vegetables

Assorted French pastries

#### **Coast to Coast Canadian Lunch**

*Choice of:*

Atlantic baked salmon with a maple butter sauce

OR

Alberta Beef stew with root vegetables and Ontario dark ale

Spinach salad with fresh strawberries and crispy onions

Yukon gold smashed potatoes

Seasonal vegetables

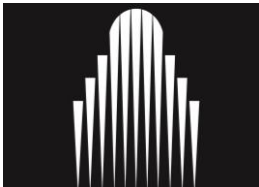
Assorted Nanaimo bars and butter tarts

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## WORKING LUNCH BUFFETS

*Select up to three fillings or let us choose for you*

**Wraps Basket, Chef's Soup OR Salad and an Assorted Cookie Tray \$20.03**

**Petite Sandwich Basket, Chef's Soup OR Salad and an Assorted Cookie Tray \$21.32**

*Served on delicious petite sandwich buns – 2 per person*

**Market Sandwich Basket, Chef's Soup OR Salad and an Assorted Cookie Tray \$21.32**

*Served on Panini, European-style Baguettes, Wraps and Loaf Breads*

### Working Lunch Buffets Fillings

*Please choose 3:*

- Black Forest Ham & Swiss or Cheddar Cheese
- Roast Beef & Brie
- Turkey and Cranberry Mayo
- Classic Chicken, Egg or Tuna Salad
- Grilled Chicken Caesar
- Mediterranean Vegetable Mix
- Hummus & Roast Veggies

### **Soups**

*Please choose 1:*

- Beef Barley & Mushrooms
- Butternut Squash Masala (in season)
- Carrot Bisque with Ginger & Pear
- Genoese Minestrone
- Homestyle Chicken Noodle
- Mushroom Basil Velouté
- Roasted Red Pepper & Tomato



*Market Sandwich Basket*

### **Salads**

*Please choose 1:*

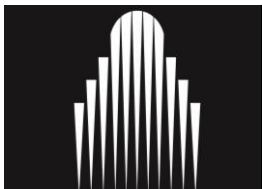
- Market greens with tomatoes, carrots and classic dressings
- Mediterranean greens with cucumbers, cherry tomatoes & fresh orange sections
- Country Classic Potato with creamy dill dressing
- Traditional Caesar with croutons, bacon and parmesan cheese
- Pasta Primavera with fresh herbs, tomatoes and signature oil & red wine vinegar dressing

### **Premium Salads**

*To upgrade please add \$2.16 per person*

- Asian Noodles with julienne of vegetables and Oriental sesame dressing
- Traditional Greek with tomatoes, cucumber, red onion, peppers, feta cheese and black olives
- Tomato & Bocconcini marinated in basil and balsamic dressing
- Orzo & Sundried Tomatoes with roasted zucchini, red peppers and lemon garlic seasoning
- Spinach & Strawberries with red onions, toasted sunflower seeds, lemon zest and feta cheese (seasonal)

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## LUNCH

*All custom buffets are per person and come with buns, butter and a coffee & tea station*

### **Create Your Own Custom Buffet**

*Less than 10 people? Substitute your entrée for the Chef's hot lunch special of the day!*

#### **Classic \$32.45**

*Please choose: 1 Salad, 1 Entrée, 1 Side & 1 Dessert*

#### **Premium \$43.05**

*Please choose: 2 Salads, 2 Entrées, 1 Side & 1 Dessert*

#### **Salads**

- Spinach and Orange Salad with roasted red peppers, toasted pecans and bacon crumble
- Marinated Green Beans with roasted cherry tomato and Mediterranean vinaigrette
- Mixed Baby Greens with grilled mushrooms drizzle with garlic herb dressing
- Greek Salad with tomatoes, cucumber, red onion, peppers, feta cheese and black olives
- Southwest Rice Salad with black beans and vegetables lightly tossed in herb dressing
- Roasted Vegetable Couscous Salad tossed in a balsamic dressing

#### **Entrées**

- Oven Roasted Beef Tenderloin with shallot and old fashioned gravy mustard
- Oven Baked Royal Chicken Supreme with roasted shallot sauce
- Pan Fried Chicken Breast with honey and creole mustard sauce
- Oven Roasted Pork Tenderloin with orange hoisin glaze
- Oven Roasted Chicken with goat cheese and sundried tomato stuffing
- Thai Shrimp with Bok Choy and pea sprouts
- Pan Fried Tilapia with almond butter sauce
- Atlantic Salmon with a lemon butter sauce
- Pasta tossed with chorizo and roasted red peppers
- Triple Cheese and Beef Lasagna

#### **Vegetarian Entrées**

- Vegetarian Sautéed Orzo with asparagus and marinated tofu
- Sundried Tomato Tartlets with brie and fresh basil
- Chick Pea and Root Vegetable Stew
- Vegetarian Lasagna
- Cheese Tortellini in a creamy parmesan sauce

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## LUNCH

### Sides

*Please choose 1:*

- Parisian Potatoes with mushroom and roasted garlic
- Wild Rice Pilaf
- Mushroom Risotto
- Basmati OR Jasmine Rice
- Ratatouille Vegetables
- Steamed Market Vegetables
- Sweet Potato and Yukon Mash

### Desserts

*Please choose 1:*

- Classic Desserts: Variety of Mini Cookies, Tarts, Squares and Macaroons
- Cookie Club: Chocolate Chip, Oatmeal Raisin, White Chocolate Macadamia Nut and Double Chocolate Cookies
- Dessert Squares: Country Carrot Cake, Butter Tart Bars, Nanaimo Bars, Dutch Brownies
- Mini Bites: Miniature Brownies, Chocolate Macaroons, Cheesecake Bites and Tarts

### Premium Desserts

*To upgrade please add \$2.11 per person*

- Wild About Chocolate: Triple Chocolate Chunk, Chocolate, Deep Dutch and Chocolate Marble Miniature Brownies
- Decadent Desserts: Miniature Lemon Squares, Fruit Crumble, Chocolate Cream Cheese Squares and Raspberry Cream Cheese Squares
- Afternoon Refresher: Brownie and Strawberry Kabobs
- Fresh Fruit Salad: Refreshing blend of fruits and berries blended with fresh orange dressing

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## LUNCH ENHANCEMENTS

### Salads

- Caesar with Spiced Croutons \$8.14
- Chicken Caesar with Spiced Croutons \$9.73
- Garden Salad \$7.47
- Pasta Salad \$7.47
- Couscous, chickpea & pepper salad \$7.93
- Shredded kale, apple & cranberry salad \$7.93
- Greek Salad \$9.17
- Grilled Vegetable Salad \$8.45
- Orzo and Sundried Tomato Salad \$8.50



*Caesar Salad with spiced croutons*

### Hot Meals

- Tuscan Grilled Chicken with Cherry Tomato Pan Sauce \$29.41
- Oven Roasted Beef Tenderloin with Indonesian Flavours \$36.05
- Pan Fried Atlantic Salmon with Cilantro Mayo \$32.19
- Pasta Tossed with Chorizo and Roasted Red Peppers \$19.21
- Cheese Tortellini in a Creamy Parmesan Sauce \$19.21

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